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EVEN THE KIDS MIGHT LIKE IT
GET THE BEST OUT OF BROCCOLI {page 22}

HOAX
JOKE UPSETS DRAKE'S MOM
DISH {page 14}

OTTAWA metro®
Tuesday, September 14, 2010
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Patients should pay, OECD says

Paris-based institute says Canadians must give up other services or pay higher taxes if fees, privatization aren't introduced to health-care system Report was put together with input from federal government

The OECD says Canadian governments desperately need to clamp down on their health spending, and they should do so by making patients carry some of the costs and by fostering more competition.

The influential Paris-based Organization for Economic Co-operation and Development says expanding deficits will explode unless provinces and Ottawa deal with the rising health-care costs associated with a quickly aging population.

In a detailed analysis of Canada's health-care system released yesterday, the OECD highlights the long wait times and the shortage of doctors that already undermine patient care.

It warns the costs and problems will only multiply as a larger share of the population reaches old age.

THE CANADIAN PRESS

Debate. Mayoral candidates

▶ The three front-running mayoral candidates Clive Doucet, Jim Watson and Larry O'Brien were all smiles walking into Andrew Haydon Hall for a debate at city hall last night, but quickly got down to business of undermining each other's positions once the debate began. More coverage, page 3.

TIM WIECLAWSKI/METRO OTTAWA

Wellness

Stay in peak form

Vanquish those man boobs McGill team pioneering remote anesthesia Surfing your way to fitness, and more {pages 15-21}

BFFs separated by income gap

Jessica Napier on the perils of 'frenvy' {page 10}

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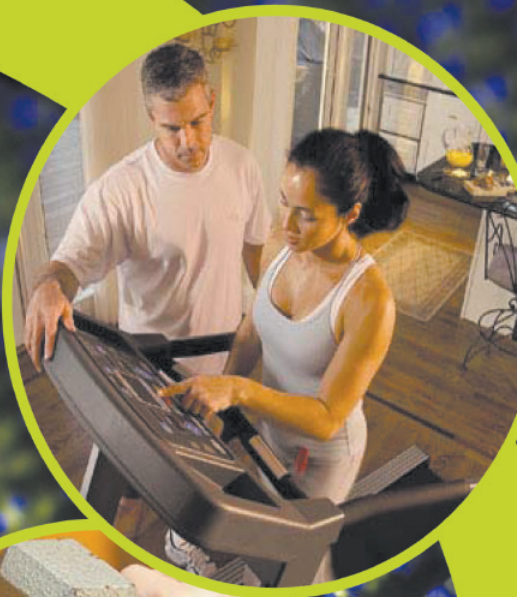

Budget rules first debate

Nine mayoral candidates attend O'Brien's complaint that he only has one vote 'an admission of failure of leadership': Watson

TIM WIECLAWSKI/METRO OTTAWA

While lesser-known mayoral candidates like Mike Maguire, front, and Charlie Taylor were invited to attend, their participation in the debate was limited.

TIM WIECLAWSKI
@METRONEWS.CA

Tinkering with the budget by cutting spending in one area to bring in new initiatives does not address the real problems with spending at city hall, Clive Doucet said yesterday at the first mayoral candidates debate since the registration deadline closed.

"If we want to live within our means, we actually have to change the machine," said Doucet.

The position only earned a smattering of applause from a crowd packed into council chambers for the discussion centring on city spending.

Halting new spending without corresponding reductions has been a central part of Jim Watson's financial platform, but he said there will be new money for spending from assessment growth and new payments in lieu of taxes.

"There are going to be new initiatives brought forward for the simple reason that I am proposing any new spending be brought forward at 2.5 per cent as a maximum," said Watson.

Not surprisingly, the entire panel was in favour of a "no new money" initiative.

Rebuttal

"We have to prepare for the balance of the 21st century, and this Goldilocks approach of 'not too much, not too little, let's make a consensus' won't work because we are at the point ... where the opportunities in front of us must be grabbed and we must build so that your children ... have a great opportunity and a great economic future."

LARRY O'BRIEN, IN RESPONSE TO JIM WATSON'S COMMENTS

OC Transpo asking for patience

The city is asking for the public's patience as an OC Transpo bus shortage is likely to continue today.

After OC Transpo found some potential issues with high-pressure hydraulic cooling fan systems on some of its Orion buses Friday, the city is undergoing service adjustments on some routes this week.

Although peak-period buses will be affected, only four per cent of runs — mostly suburban local routes — will be affected by delayed trips and crowded buses. Rural, express and school routes will be unaffected. TRACEY TONG

Road safety blitz nets offenders

Police laid 24 charges through the city's pedestrian safety initiative last month. Nine pedestrians were charged with offences including failure to use crosswalks, while 15 motorists were charged after failing to yield the right-of-way to pedestrians.

The initiative also had an education component, with police handing out hundreds of pamphlets.

Police also issued 337 tickets to motorists for running red lights last month. TRACEY TONG

Fire causes $30K in damages

The police arson unit and fire officials are investigating a suspicious fire that broke out at a business at 102 McEwen Ave. early yesterday. Firefighters found a front window broken on arrival. The fire was contained to the unit, and damage to the building and contents is estimated at $30,000. TRACEY TONG

1 news

News on the move

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Dashing Dachshunds delight the crowd at Montreal's third annual Weiner Dog Race. See the video at metronews.ca/canada

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Act on housing to save shelter costs: Group

Ottawa has 37,000 renter households living on less than $25,000 a year, organization says The alliance has emailed its 'What Can City Council Do?' questionnaire to all candidates with a response deadline of Oct. 1

TRACEY TONG
@METRONEWS.CA

Unless more is done to increase affordable housing in the city of Ottawa, the city's cost to run emergency shelters is projected to double by 2020, the chair of the Alliance to End Homelessness said yesterday.

"Ottawa's affordable housing crisis is one of the top issues in this election because it's an essential element of a strong city's infrastructure," said Marion Wright. "It's time to ramp up the affordable housing issue."

TRACEY TONG/METRO OTTAWA

▶ Chair of the Alliance to End Homelessness, Marion Wright, right, speaks at a conference yesterday as vice-chair Dan Sabourin looks on. "Affordable housing is a defining election issue and it's time for candidates to show leadership and vision on it and start telling voters what they will do," Wright said.

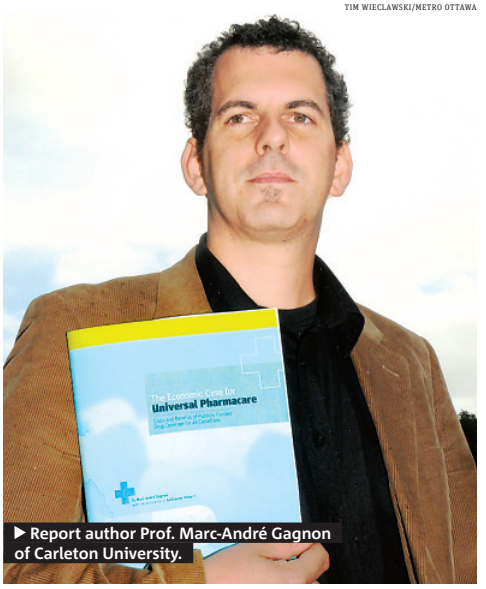
The alliance's new report, "The Cost of Doing Nothing More Than Current Efforts to End Homelessness," predicts the city's 20 per cent share for shelter costs will rise from $3.6 million in 2009 to $7.5 million in 2020.

The alliance is also asking mayoral and council candidates if they intend to act to increase affordable housing by 1,000 units each year and to invest more municipal resources.

The number of units is in accordance with the 10-year targets set by the alliance in order to reach its goal.

"By 2020, voters in Ottawa could have a community where no more than 2,000 families and individuals have to use the shelter system each year because of personal emergencies," Wright said.

TIM WIECLAWSKI/METRO OTTAWA



▶ Report author Prof. Marc-André Gagnon of Carleton University.

Case made for national drug plan

At first it might appear counterintuitive, but making pharmaceuticals a free component of our healthcare plan could actually save Canadians $10.7 billion, according to a study released yesterday by the Canadian Centre for Policy Alternatives.

"There are important savings to be made by increasing patients' choices," said report author and Carleton University Prof. Marc-André Gagnon. "It is not something that can be done with individual private coverage."

After comparing the current provincial drug and private drug plans, the study shows that they are very inefficient and calculates the savings potential of a publicly funded universal drug plan. TIM WIECLAWSKI

"Canada's pharmaceutical policies are a total failure. Many Canadians do not have equitable access to medicines. The lack of coverage makes some treatments inefficient, and the whole system is unsustainable because we currently cannot control the growth of drug costs."
CARLETON PROF. MARC-ANDRÉ GAGNON

Committee to assess Lansdowne rezoning

The planning and environment committee will be dealing with zoning changes necessary to accommodate the proposed Lansdowne revitalization plan at today's meeting.

The Lansdowne Design Review Panel will support the zoning changes recommended by city staff, provided some modifications are made.

Recommendations include rezoning Lansdowne from the existing major leisure facility zone to a new major leisure facility subzone, which will allow for additional uses.

CONTRIBUTED

▶ An artist's rendering of the mixed-use area at Lansdowne Park.

In addition to the current stadium complex, a theatre, park and community-type facilities, the new subzone would also allow for a range of additional uses, including retail, personal service, restaurants, offices, a hotel and residential uses.

The report also recommends that the Lansdowne Community Park be retained as a community park. TRACEY TONG

Lansdowne Park

The redevelopment and revitalization of Lansdowne Park is comprised of three elements:

- The renovation of the current stadium and Civic Centre complex.
- The transformation of much of the site's current asphalt surface parking area along the Rideau Canal corridor into an urban park for various activities and events, including the Ottawa Farmers' Market.
- A new urban mixed-use area at the northwest sector of the site and along Bank Street, providing a mix of commercial, cultural and residential uses.

Probe into on-flight incident continues

A police investigation continues after an unruly passenger on a flight arriving from Vancouver was detained, and later released, at the Ottawa International Airport Sunday night.

Police carried out additional screening measures of the WestJet aircraft in question, and of luggage on board, as a precaution. TRACEY TONG

For more news, visit metronews.ca/local

Mission in need of frozen turkeys

The Ottawa Mission is looking for donations of large frozen turkeys for its annual community Thanksgiving dinner, to be held Oct. 11 from 11:30 a.m. to 5 p.m.

It takes roughly 80 large turkeys — weighing in at one tonne — to feed everyone at the dinner, said the Mission's manager of food services, chef Ric Watson.

Frozen turkey donations can be dropped off at any time at 35 Waller St. Pickups can also be arranged by calling 613-234-1144, ext. 248. TRACEY TONG

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36 survive crash in Venezuela

Cause of plane crash not yet known ◐ Aircraft's destination was eastern city of Puerto Ordaz

A plane carrying 51 people crashed yesterday in a steel mill yard in eastern Venezuela, killing 15 people on board, officials said.

Workers at the state-run Sidor steel foundry pulled people from the smoking wreckage of the plane owned by Venezuelan state airline Conviasa, and officials said 36 passengers and crew survived.

Foundry worker Frank Oliveros, 44, said he saw a huge billow of smoke after the crash, then saw the wreckage through the smoke and joined dozens of fellow employees and firefighters who rushed to the scene.

"I don't remember names ... faces," Oliveros told The Associated Press by telephone. "Our only interest was getting all the people out of there alive."

The partially scorched fuselage of French-built ATR 42 rested among barrels and shipping containers.

Fifteen people were killed after the crash about 10 kilometres from the eastern city of Puerto Ordaz, Bolivar state Gov. Francisco Rangel Gomez told reporters. Forensic experts have yet to identify six of the bodies, he said.

"A miracle occurred today," said Rangel Gomez, referring to the number of survivors.

The bodies of all the victims have been located, but authorities have not yet identified them all, Rangel Gomez said.

Transportation Minister Francisco Garces told state television that President Hugo Chavez has been closely monitoring the situation. THE ASSOCIATED PRESS

Unknown cause

It was unclear what caused the crash.

- **51 on board** The plane, a twin-engine turboprop, was carrying 47 passengers and four crew members, Gov. Rangel Gomez said.
- **Island origin** Rangel Gomez said that Conviasa Flight 2350 had taken off from Margarita Island — a Caribbean island that is one of Venezuela's top tourist destinations — and crashed shortly before reaching its destination, the airport of Puerto Ordaz.

Kashmir. Clash

▶ A young Kashmiri boy shouts slogans yesterday during a protest on the outskirts of Srinagar, India.

ALTAF QADRI/THE ASSOCIATED PRESS

Deadly day in India

Indian forces fought Kashmiri demonstrators yesterday in street battles that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory. Since 1989, a violent, separatist insurgency and the ensuing crackdown by Indian forces have killed an estimated 68,000 people.

Forces: Smuggling report unfounded

The Canadian Forces says reports British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday shooting down claims in the British media that troops from Britain and Canada were involved in the scheme.

Over the weekend, a British newspaper — the Sunday Times — and the BBC reported that Britain's Ministry of Defence was investigating claims that troops from both countries used military aircraft to smuggle drugs out of southern Afghanistan.

Grubb says not only is the British military not looking into the matter, it has not received any complaints. THE CANADIAN PRESS

Troops as mules?

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada.

- **Border patrol** At the time, soldiers were based along the Afghan-Pakistan border, right in the heart of smuggling territory.
- **An internal review** by the Canadian Forces National Investigative Service noted that military police, using sniffer dogs, conducted random spot checks on troops and found no drugs.

School on RFK site opens

The site where Sen. Robert F. Kennedy was assassinated opened yesterday as a $578-million complex of public schools for thousands of students after years of disputes over historic preservation.

The two-decade effort to turn the location into an educational complex involved expensive legal disputes with conservationists who wanted to save the historic hotel from demolition, and with Donald Trump, who wanted to build the world's tallest building at the site. THE ASSOCIATED PRESS

3,700

Many parents of the 3,700 kindergarten-through-12th-grade students were impressed with the six small schools on the 9.3-hectare site in the crowded immigrant neighbourhood west of downtown Los Angeles.

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Charges in LSD-laced candy case

A woman and her teenaged son are facing drug charges in Cranbrook, B.C. after the Mounties found some gummie bears laced with the hallucinogenic drug LSD.

Police say they made the discovery while searching a home for marijuana.

Cpl. Chris Faulkner says there's no evidence any children were given the gummie bears, but he says if a young child were to consume such candy, the effects of the LSD could be very dangerous.

He says the suspicious candy was found during last spring but it wasn't until the summer that lab tests came back confirming the presence of LSD.

Fifty-year-old Christianne Bateman and her 18-year-old son Benjamin are facing charges of possessing and trafficking in drugs. THE CANADIAN PRESS

Rushdie favours Mosque

"The Satanic Verses" author Salman Rushdie is not a great fan of organized worship but believes an Islamic centre and mosque should be permitted two blocks from ground zero.

Rushdie's satirical novel led in the 1980s to worldwide riots by Muslims and calls for his death. He says he understands the "sensitivities" of building the centre close to the site of the attacks on Sept. 11, 2001.

But he says First Amendment rights to freedom of speech and religion should be honoured. He adds that he is "not personally" a lover of mosques or any place of worship.

But he says that if people "want a mosque, it seems absolutely right they should have it." THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Salman Rushdie

STATSCAN STUDY

Water drying up in Ontario

You could fill more than a million Olympic-sized swimming pools every year with all the renewable water that dries up across southern Canada, a new report says.

A Statistics Canada study released yesterday says water yield has fallen by an average of 3.5 cubic kilometres a year over the last three decades.

The agency equates the annual loss to 1.4 million Olympic-sized swimming pools. Put another way, that's almost as much water as Canadians drank and used in toilets, showers and to water their lawns during the entire year of 2005.

This represents an overall loss of 8.5 per cent of the water yield in the southern part of the country between 1971 and 2004.

THE CANADIAN PRESS

Women should dig for gold: Italy PM

TIZIANA FABI/GETTY IMAGES

▶ Italian Premier Silvio Berlusconi gestures during a meeting with members of his People of Freedom party.

Opposition politician demands apology for Berlusconi's Hitler joke

Italian Premier Silvio Berlusconi says young women should follow the money when looking for a partner, noting women seem to like him and "I'm loaded."

Berlusconi, who is known for his gaffes, also raised eyebrows with a joke about Hitler's followers urging him to return to power. The billionaire businessman appeared Sunday at a convention of the youth wing of his People of Freedom party. When questioned by one of his cabinet ministers — a woman — he joked about marriages of convenience, saying women were lining up for him because "I'm a nice guy" and "I'm loaded."

THE ASSOCIATED PRESS

Scandal-prone

- **Sex scandal** Berlusconi, 73, was engulfed in a sex scandal last year centring on his purported dalliances with young women, including an escort.
- **Separation** Berlusconi's wife, Veronica Lario, said last year she was seeking a divorce. They are now separated.
- **Denial** The media baron has said he is "no saint" but denied ever paying for sex.
- **Settlement?** In Italy, a divorce can only be sought after three years of separation. Media reports this summer suggested that Berlusconi's wife has rejected his early proposals for a financial settlement.

'Superbugs' hit North America

An infectious-disease nightmare is unfolding: Bacteria that have been made resistant to nearly all antibiotics by an alarming new gene have sickened people in three states and are popping up all over the world, health officials reported yesterday.

2 The two Canadian cases were treated with a combination of antibiotics. One case was in Alberta, the other in British Columbia. Both patients had medical emergencies while travelling in India.

The U.S. cases and two others in Canada all involve people who had recently received medical care in India, where the problem is widespread.

Scientists have long feared this — a very adaptable gene that hitches onto many types of common germs and confers broad drug resistance, creating dangerous "superbugs."

THE ASSOCIATED PRESS

Sperm site on trial

GETTY IMAGES

▶ Nigel Woodforth

Two British men made a profit by illegally running a website that made sperm available to women who want to conceive, prosecutors alleged yesterday.

Nigel Woodforth and Ricky Gage are accused of earning $385,895 by running an online company that introduced anonymous, would-be sperm donors to women looking to have a child.

Prosecutors told a jury at a London court that Woodforth, 43, ran the company from the basement of his home.

The two men did not have a licence to procure or distribute sperm, as required by British law.

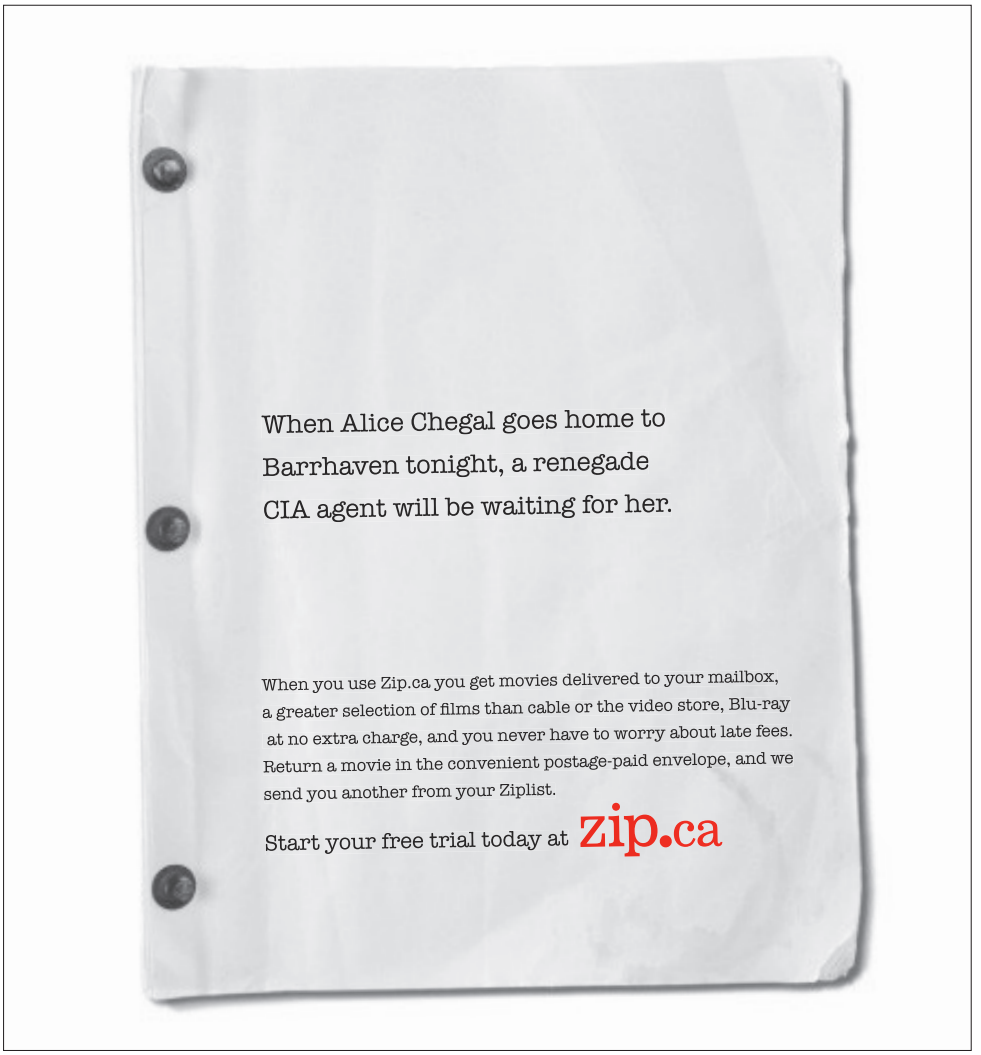
THE ASSOCIATED PRESS

Senator fights for stem cells

Sen. Arlen Specter, a departing Democrat who has survived two bouts of cancer, initiated a drive yesterday to legalize federal funding of embryonic stem cell research, superseding conflicting court decisions. THE ASSOCIATED PRESS

Lawsuit filed over false teeth

Some denture-wearers are launching a class-action lawsuit, claiming they were not told about the dangers of zinc. They allege the zinc in denture adhesives has caused numbness, loss of balance and persistent pain. THE CANADIAN PRESS



STUNT DRIVING

Packed car leads to big fines

A group of students in Guelph, Ont., ran up nearly $1,700 in fines after eight people were packed into a Ford Focus, including one in the trunk, trying to save cab fare.

Police say they pulled over the compact car early Saturday morning for having more people than seatbelts in the vehicle.

Officers say they spotted seven people inside and discovered an eighth person in the trunk.

Police say the occupants were apparently trying to save on cab fare, but the total in fines for not wearing seatbelts, drinking underage and stunt driving hit $1,690.

Police say a couple cabs would have cost the group $24. THE CANADIAN PRESS

Pregnant migrant freed

A pregnant woman who arrived in British Columbia aboard the MV Sun Sea last month is the first of the nearly 500 Tamil migrants to be ordered released from detention by the Immigration and Refugee Board. THE CANADIAN PRESS

Japan frees crew, keeps captain

Japan freed 14 crew members of a Chinese fishing ship nearly a week after their vessel and two Japanese patrol boats collided near disputed southern islets. But China lashed out at Tokyo's decision to keep the captain in custody. THE CANADIAN PRESS

Tories look to stick to strengths this fall

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper arrives at a news conference yesterday in Sept-Iles, Que.

First of major new policies will be a crackdown on human smuggling

Prime Minister Stephen Harper's Conservatives are drafting a new storyline for their government in the coming session of Parliament after a summer where control over the plot seemed to drift from their grasp.

Tory sources tell The Canadian Press that Harper wants high-profile policy initiatives and debates that will play on some of the party's familiar themes: Law and order; the economy; respect for the military; the future of the mission in Afghanistan. Details are being held close to the vest by a tight circle of ministers and advisers.

Allan Gregg, chairman of Harris Decima Research, says stressing the economy is the right approach for the Tories. Recently, economic issues have helped them widen the gap with the Liberals among men and ultimately maintain a lead. THE CANADIAN PRESS

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YouTube to begin live streaming

Ustream is the current leader in live video, with 3.2 million unique viewers in July

YouTube is making its long expected foray into live streaming by launching an experimental trial with four new media partners.

The http://youtube-global.blogspot.com/new live streaming platform will be previewed in a two-day trial beginning yesterday, but is expected to later grow considerably across the Google Inc.-owned website.

Four YouTube partners will participate: the celebrity-focused Young Hollywood; the online television outlet Next New Networks; the how-to guide Howcast; and Rocketboom, the Internet culture vlog.

Streaming

YouTube is far from the first company to step into the streaming video space.

Online Startups such as Ustream.tv, Justin.tv and Livestream have already established themselves. But YouTube remains the largest video platform on the web and is expected to quickly become a considerable force in the rapidly growing live streaming video business.

"This is just an initial trial, a first step," said YouTube product manager Josh Siegel.

"We're going to look at a whole bunch of data about the performance of our new platform and then, based on that, make decisions about how we'll open it up, with the goal of opening it up to all of our partners over time."

For the last two years, YouTube has offered numerous events live, including a U2 concert, cricket matches in India and President Barack Obama's first State of the Union address. But for all of those events, YouTube relied on third-party technology to enable the live webcasts.

TORSTAR NEWS SERVICE

Tianjin. Davos

▶ A participant walks with a plate of food at the World Economic Forum's Annual Meeting of the New Champions 2010.

NG HAN GUAN/THE ASSOCIATED PRESS

Biz forum hits China

More than 1,300 business and government participants from 85 countries are expected at the three-day World Economic Forum's Annual Meeting of the New Champions 2010, also known as Summer Davos, being held in Tianjin, China.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 52.77 (12,149.86)	+ 0.73¢ (97.34¢ US)	+ 74¢ US ($77.19 US)	$3.938 (+ 5.5¢)
			Gold contracts $1,247 US (+ 60¢)

PRICES AS OF 5 P.M. YESTERDAY

Canadians vulnerable to financial turbulence

Canadians are increasingly at risk to any deterioration in their financial status, including expected interest rate hikes, because of sky-high debt burdens, according to new domestic and international reports.

Statistics Canada said yesterday that household net worth fell for the first time in a year in the second quarter, mainly due to lower stock market prices. THE CANADIAN PRESS

15

In the second quarter, the key debt-to-income ratio fell from a record 148 per cent to 145.7 per cent, while the debt-service ratio fell to a four-year low of 7.2 per cent.TD Bank economist Diana Petramala says the welcome drop in these ratios was likely driven by temporary measures.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

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03-18-10

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BEST FRIENDS FOREVER ... AT WHAT COST?

She says ...

JESSICA NAPIER

They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

In my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelancing for pocket change.

So what is the price of being good friends with people who earn significantly more than you?

Surrounding yourself with financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn super-sized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that exist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Merlot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only ordered a salad and tap water. And FYI, she told you she "wasn't that hungry" because she looked at the menu online beforehand and ate a hearty pre-dinner snack after realizing she wouldn't be able to afford an entree.

"Even among close friends, the topic of money still remains relatively taboo."

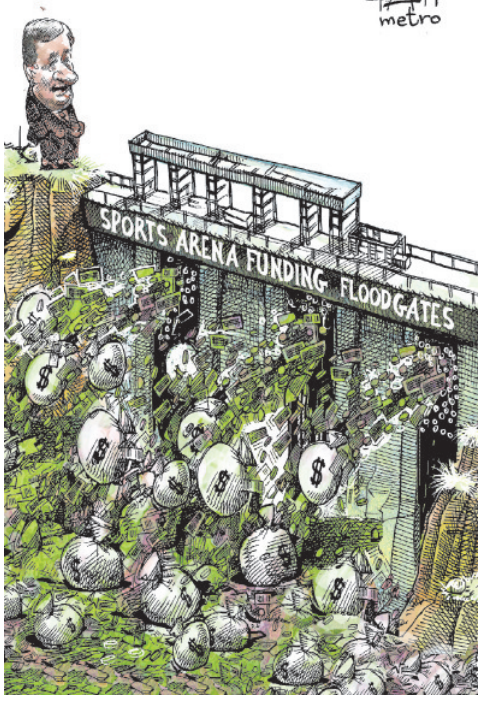
Over time, the salary gap can continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial security.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Spies in the bathroom

Worth mentioning

Swine flu may have scared people straight, or maybe they are finally listening to their mothers. Whatever the reason, Americans are washing their hands more often, suggests the latest check by researchers who spy on people using public restrooms.

Checks in four big cities last month found 85 per cent of public restroom users washing their hands, up from 77 per cent in 2007. It's the best rate since these periodic surveys began in 1996.

One thing hasn't changed: Men are still dirtier. About 23 per cent of men failed to wash versus seven per cent of women.

"Those little 20 seconds with friction, water and soap" are one of the best things people can do to keep from getting sick, said microbiologist Judy Daly of Primary Children's Medical Center in Salt Lake City.

Researchers from Harris Interactive combed their hair and pretended to put on makeup while watching more than 6,000 adults using restrooms in four U.S. cities.

Best: The Chicago science museum, where 93 per cent washed up. Worst: The two train stations in New York, where only about 80 per cent washed. THE ASSOCIATED PRESS

Listen to your mother

CONTRIBUTED

What three things can you not live without?

Email
ottawaletters@metronews.ca
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Metro has the right to edit letters and submissions.

Metro Minute at Piccolo Grande

Self-proclaimed as "maybe the best little ice cream shop in the world," Piccolo Grande, tucked in the middle of the ByWard Market on Murray Street, offers gelato, sherbet, sorbet, coffee, and chocolate. But the thing you really want to get is the gelato.

While top flavours include amaretto, bacio, chocolate caramel, nutmeg, chocolate mint and tiramisu, there are dozens of flavours you can try.

And people who are watching their weight don't have to here — gelato has the same rich texture as ice cream, with up to two-thirds less the fat. Maybe this really is the best little ice cream shop in the world.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Not sure what flavour you want at Piccolo Grande? Friendly staff will give you a sample of any flavour you want before you commit.

metro

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▶ Dr. Lisa Masterson (second from right) is flanked by her male medical peers on the popular TV show The Doctors.

The doctors return for a third season

Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis ◐ Women's health issues being made a priority

Dr. Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show The Doctors as it enters its third season this week with women's health issues an increased priority.

Masterson is being asked to lead the charge. "I am loving that," said Masterson, an obstetrician and gynecologist. "Being the only female on the show and the voice of women is something I take really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their child-rearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son of Phil McGraw). Larger health care issues aren't on the agenda.

"Being the only woman on the show ... is something I take really seriously."
DR. LISA MASTERSON

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better tomorrow?'" McGraw said.

The show's answers range from home remedies for swimmer's ear to solving the mystery of whether a child's congestion stems from allergies or infection.

The show, McGraw recalls, did a segment on the "five colours of snot" to identify which should prompt parents to get medical help for their youngster.

THE ASSOCIATED PRESS

Other doctors

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

- **All the doctors agree that** hearing from viewers they've helped is welcome medicine.
- **The series** averaged more than 2.6 million daily viewers last season.

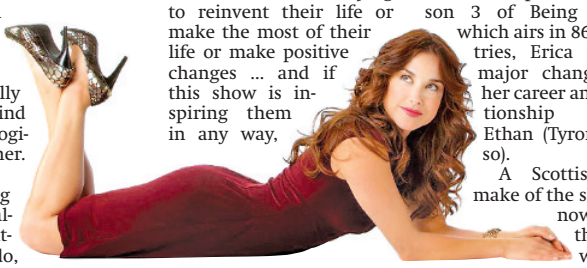
Being Erica star hears from fans inspired by show

The CBC-TV series Being Erica, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say the premise prompted them to make either professional or personal changes.

And Gemini Award-winning star Erin Karpluk says she often hears similar stories from fans.

"One woman said 'I really want to find my biological mother. That's something that I've always wanted to do, it's a huge regret of mine'," Karpluk, 31, recalled. "To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring them in any way, that makes me so happy and excited," she added.



In the upcoming Season 3 of Being Erica, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso).

A Scottish remake of the show is now in the works.

"If this show is inspiring them in any way, that makes me so happy."
ERIN KARPLUK, ACTRESS

Karpluk says she's heard it may feature a male character. "Maybe they can meet and maybe they can have a time-travel session together," she added, jokingly.

THE ASSOCIATED PRESS

2 scene

Scene in brief

Joaquin Phoenix will appear on the Late Show on Sept. 22.

Oprah surprised her audience of 300 yesterday with a trip to Australia.

John Waters wants to make heterosexal divorce illegal.
THE ASSOCIATED PRESS

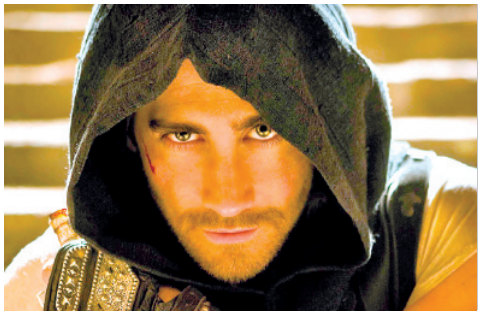
ScanLife

Review: Halo: Reach shines in multiplayer, but solo campaign falls short

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Gyllenhaal is a Prince

Prince of Persia: The Sands of Time
Genre: Adventure
Director: Mike Newell
Stars: Jake Gyllenhaal, Gemma Arterton
●●½



Most actors wouldn't thank you for describing them as a video game character.

In the instance of Jake Gyllenhaal in his title role as a gritty prince, however, such comparisons should be taken as a sincere compliment. It's not easy making something so fake seem almost real, but the normally glum Gyllenhaal nails the insincerity, finally morphing from indie wimp into blockbuster action figure.

Prince of Persia isn't just based on a video game, as so many films are these days. It blithely acts as if it still is the game, which someone managed to project onto a big screen. The camera movements mimic the up-down, left-right sweeps of twitchy gamers, weapons are constantly in use and the main actors seem impervious to natural laws.

Gyllenhaal's poor-boy Prince Dastan isn't just a champ at parkour, the jumping bean exertions that give the film great energy; he's defies gravity as if he's made of ancient Flubber.

Gemma Arterton's Princess Tamina, the object of much heavy breathing and heroic exertions, manages to keep her makeup intact even while treading across the desert and staring into sandstorms. Max Factor, are you paying attention?

A pause for station identification: the film is directed by Mike Newell, who did Donnie Brasco and also one of the Harry Potter paycheques, but it's produced by Jerry Bruckheimer, and you know what that means. Such trifles as history, logic and storytelling must take a back horse to explosions, wisecracks and ludicrous situations.

This isn't so terrible, this time out. Bruckheimer has smartly assembled actors who are fun to watch, Gyllenhaal being the big revelation here.

Depending on which of three packages you buy, extras include one deleted scene, a making-of featurette and interactive controls.

PETER HOWELL

A period charmer

Dean Spanley
Genre: Comedy
Director: Toa Fraser
Stars: Peter O'Toole, Jeremy Northam, Sam Neill, Bryan Brown
●●●

The current Toronto International Film Festival celebrates film at its finest and most diverse. But it also reminds us that not all gold gets a chance to glitter.

This utterly charming period comedy by New Zealand's Toa Fraser was a Gala presentation at TIFF '08, with attendant hoopla at Roy Thomson Hall. Then it vanished from sight, skipping a proper theatrical release as it headed to DVD.

It's a shame, because the film showcases one of Peter O'Toole's most affecting recent performances, as a cranky Edwardian-era man who finds his heart in the most unusual of encounters.

He plays the widowed father of a put-upon London son played with weary grace by Jeremy Northam.

Their regular Thursday visits turn to tedium until the son suggests they attend a lecture on reincarnation by a noted eastern swami. There they meet an intriguing character named Dean Spanley (Sam Neill), whose enthusiasm as a dinner guest and skills as a raconteur increase in direct proportion to his imbibing of a certain rare liqueur.

Said liqueur is provided by an import-export rascal played by Bryan Brown, who also gets caught up in the astounding stories Spanley weaves. No fair spoiling the surprise, but let it be said that a cherished pet dog figures prominently in the tale telling.

The film is slow to reveal itself, but it pays off handsomely, especially in the performance by O'Toole. Dog lovers, this one is especially for you.

Extras include a making-of featurette and cast and crew interviews.

PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

POLARIS PRIZE IS NOT PERFECT

Next Monday night much of Canada's indie music community will descend on Toronto's Masonic Temple to celebrate some of this country's top talent at the fifth annual Polaris Music Prize. While the ceremony will be a lot of fun, now's a good time to ask if Polaris has lived up to its mandate.

The award was created by Steve Jordan, a former music exec, to reward the best Canadian album released between June 1 and May 31. The winner gets $25,000, usually increased record sales and some extra attention.

Picking the best Canadian album is almost an impossible task. More than 200 journalists, broadcasters, bloggers and programmers submit five picks. The votes are tallied and, eventually, 10 nominees are announced. An 11-member grand jury then chooses the winner on gala night. (Disclosure: I've been on the larger jury, but not the grand jury.)

Since its inception in 2006, the prize has come under some criticism, though everyone generally agrees that it's a good thing for Canadian music. A lot of people were mystified when Feist's brilliant disc The Reminder lost to Patrick Watson's Close to Paradise in '07. There was a lot of talk on the Polaris discussion board that year on whether or not Feist, who was one of the more popular artists on the short list, should win because of her notoriety. Jordan kept reminding people that it's based on merit, not popularity.

For better or for worse, that's always been an issue with the prize. The nominees generally aren't household names, yet many people would like to see even less familiar artists make the list or win. That doesn't help promote the prize — the more obscure the winner the less attention Polaris will receive.

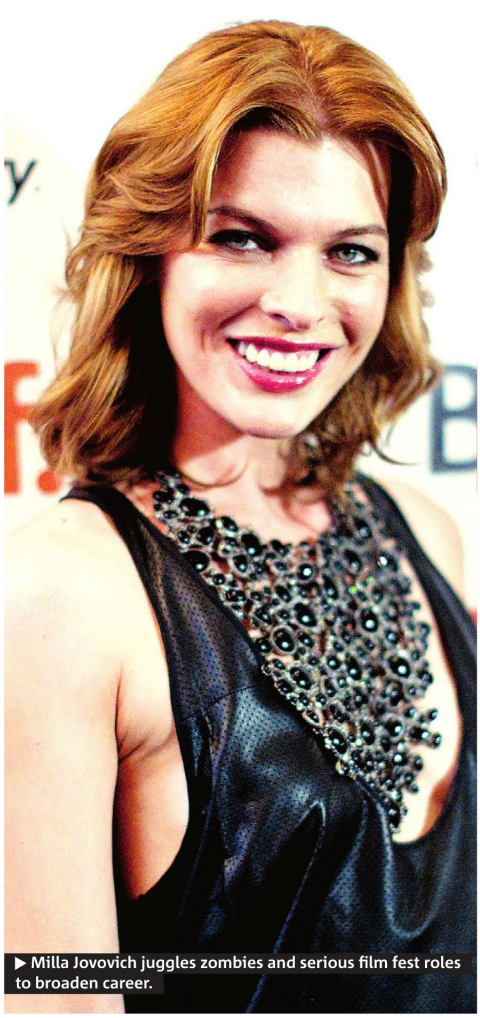
Another criticism has been that the nominees aren't diverse enough. The jury is made up of people across the country, but usually several indie pop albums, one rapper and a couple French acts make the list. No jazz, blues or even big mainstream bands.

Ultimately, it's impossible to pick the best Canadian album. The Polaris is really for a great disc chosen by the jury, who are made up of mostly indie rock-loving Canucks.

The process has adapted, but really hasn't changed much over the years. But for now, that's OK. After five years it seems as though the prize has finally figured out where it stands — it'll never be the de facto Canadian music award or reach the masses, but at least the bands who do win create great music and all (even Feist) could really use the 25 Gs.

Jovovich gets dramatic

CHRIS YOUNG/THE CANADIAN PRESS



▶ Milla Jovovich juggles zombies and serious film fest roles to broaden career.

In Stone, she plays the wife of a prison inmate who seduces a parole officer She also co-stars in Dirty Girl, a tale of a teenage bad girl

Milla Jovovich does not just want to rule the box office by killing zombies.

She aims to show versatility beyond her Resident Evil action-horror franchise with a pair of movies at the Toronto International Film Festival.

Jovovich co-stars with Robert De Niro and Edward Norton in the psychological drama Stone, which premiered at Toronto over the weekend ahead of its theatrical release in October. Her second Toronto film, the teen comedy Dirty Girl, also premiered at the festival over the weekend.

"I just keep chugging away at the smaller, more interesting character studies that I get to play," Jovovich said in an interview. "The Resident Evil world is amazing. I love it and I love the action. But really, when you do the little indies, you get a chance to play the parts you don't normally play."

Jovovich, 34, led the weekend box office with $27.7 million for Resident Evil: Afterlife, the fourth installment in the series, in which she reprises her role as a superhero slaying ravenous zombies that have overrun the world.

The Resident Evil movies are overseen by Jovovich's husband, director Paul W.S. Anderson, who also is directing her in a 3-D adaptation of The Three Musketeers, which features Orlando Bloom and Academy Award winner Christoph Waltz and is due in theatres next year.

Jovovich also has starred in such big studio productions as The Fifth Element and The Messenger: The Story of Joan of Arc, appeared in Ben Stiller's Zoolander and Spike Lee's He Got Game.

In Dirty Girl, which is seeking a theatrical distributor at the Toronto festival, Jovovich co-stars with Juno Temple, Mary Steenburgen, William H. Macy and Dwight Yoakam in the tale of a teen bad girl. In Stone, Jovovich plays the wife of a prison inmate (Norton) who seduces a parole officer (De Niro) to try to secure her husband's release.

Co-star Norton said Jovovich brought both her beauty and an exotic spirit to the role.

"I knew she had this in her," Norton said. "It's a weird comparison, but she reminded me of Karen Black or one of those great actresses of the '70s who though beautiful was always kind of finding a little bit of a funky kink in what they were doing and didn't feel like they were out of central casting."

THE ASSOCIATED PRESS

Black Mountain keep growing

It seems a trip to the Wilderness actually smoothed some of Black Mountain's rough edges.

The Vancouver band is often associated with the spiralling, stoned-out epics of its first two records — both of which contained songs that unfurled past the 10-minute mark. So the concise, structured pop tunes of their new LP, Wilderness Heart, might surprise some.

"We just wanted to try something new," said vocalist Amber Webber. "The songs are tighter, to-the-point sort of songs. We came into it somewhat naturally."

In fact, the band enlisted the help of a producer — two, in fact — for the first time on Wilderness Heart, due out today. Three tracks were recorded in Seattle with Randall Dunn, who has worked with Sunn O))), and four were helmed in Los Angeles by Dave Sardy, who has teamed up with the likes of Oasis and Wolfmother

They helped draw the band into a different direction.

"He likes to trim the fat," keyboardist Jeremy Schmidt said of Sardy. "He's a Beatles fanatic."

Yet the move toward stripped-down song structures hasn't much changed the band's critic-approved formula.

▶ Vancouver's Black Mountain released a new LP, Wilderness Heart, today.

Wilderness Hearts finds the band again juggling chugging, Sabbath-scented hard-psych and druggy folk, with mythology-infused lyrics reminiscent of Rush.

"I think if it wasn't pulling in more than one direction, we'd just get bored with being dragged off in one direction," Schmidt said.

"I'm as interested in making something heavy as I am something that's the opposite of that."

The first single Old Fangs hums on a rock-solid groove that calls to mind Queens of the Stone Age, while the languid lag of Rollercoaster is intermittently interrupted by titanic guitars.

On the softer side, the foreboding Radiant Hearts carries a whiff of Jefferson Airplane while the swaying The Space of Your Mind is only one example of the band's further explorations in vocal harmony.

Indeed, Wells and lead vocalist Stephen McBean have never worked together as seamlessly as they do here, with Wells wresting a bigger role on this album than ever before.

The reason for that was as much pragmatic as artistic.

"I put some more effort into writing more vocal harmonies, just because I knew we'd be touring for two years, so (I) might as well sing a bunch," Wells said, before shrugging and offering a slight smile.

THE CANADIAN PRESS

Scan this code to check out Black Mountain's new music video

▶ Lady Gaga.

Gaga can't sleep alone

New book on Pokerface singer alleges she is terrified to be alone • Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book Poker Face: the Rise and Rise of Lady Gaga.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

"Gaga couldn't sleep without someone next to her in bed," according to the book. METRO

Are Miley Cyrus and her ex beau back together again?

It looks like Miley Cyrus' breakup from Liam Hemsworth was short-lived.

The pair were spotted recently in Los Angeles, and sources say they're definitely back together. "They acted like they had missed each other, kept chatting and seemed to be catching up. They definitely seemed like a couple again." METRO

Miley Cyrus

Talking points

Drake's wedding hoax

WEDDING BELLS? Rapper Drake thought he was just being funny when he joked on Twitter recently that he and singer Nicky Minaj had gotten married, but his mother didn't see the humour in it. "My mom was actually like, 'What happened? How did you elope?'" Drake said. "But we were just joking around. I never thought it would get so out of hand." METRO

Will they ever get hitched?

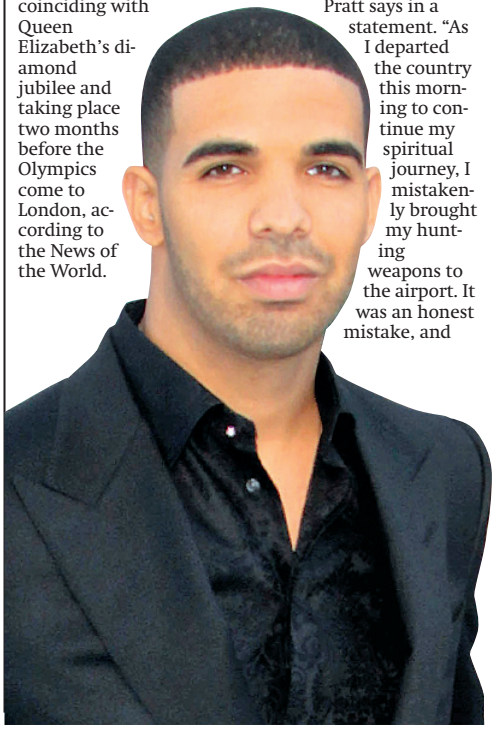
ROYAL WEDDING. Royal watchers now claim Prince William's assumed wedding to Kate Middleton will take place in June 2012, coinciding with Queen Elizabeth's diamond jubilee and taking place two months before the Olympics come to London, according to the News of the World.

▶ William

Buckingham Palace sources denied an early report by the Daily Mail that the couple would wed at Westminster Abbey in August 2011. William and Middleton, who have been dating on and off for eight years, are not officially engaged. METRO

Pratt's 'honest mistake'

WEAPONS CHARGES. Spencer Pratt insists his arrest in Costa Rica for weapons possession was just an "honest mistake," according to Hollyscoop. "I've spent the last week living alone in the jungle, reflecting on my past transgressions, and working to become a better person. I had to live off the land, and hunt to survive," Pratt says in a statement. "As I departed the country this morning to continue my spiritual journey, I mistakenly brought my hunting weapons to the airport. It was an honest mistake, and they sent me on my way." Pratt was later spotted in Los Angeles with estranged wife Heidi Montag. METRO

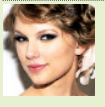


DJ AM owed nearly $100K

BACK TAXES. DJ AM reportedly left behind a hefty tax bill when he passed away in 2009. According to court documents, the producer and deejay owed nearly $89,000 in back taxes from 2006 and 2007 at the time of his death, according to TMZ, and the state of California is reportedly leaning on his estate to pay up. Reps for DJ AM's estate had no comment. METRO

Celebrity tweets

Spencer Pratt [@spencerpratt] Thanks to jail, I finally have something in common with ... Gandhi.



Taylor Swift [@taylorswift13] Nothing like a Sunday afternoon sitting in my car ... watching LARPING!!

Erykah Badu [@fatbellybella] The Jedi pays attention to the movements of his/her own mind. She ... chooses to turn fear and worry into calmness.

Michael Ian Black [@michaelianblack] Pretty sure I am still asleep because if I am awake this sucks.

FLICKR CC THELASTMINUTE

Breaking the wave

Get your wetsuits out and head for the shore. Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the waves:

The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a wave

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

The muscles engaged

Paddling: The shoulders and upper back muscles.

Duck diving: The chest, arms and core muscles.

Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, hamstrings) and core muscles.

Why you need good balance

Balance is crucial in order for you to take off correctly when you are riding a wave or about to ride.

In order to have good balance you must work on your core stability and learn to keep the movement in your hips, knees and ankles steady.

Why you need a strong core and upper body strength

Core strength is what gives you the balance needed for duck diving, popping up, and riding a wave correctly.

If someone has a weak core then their body cannot transfer force effectively, causing them to lose movement efficiency while surfing.

Upper body strength is important for endurance when paddling, power and for duck diving and popping up on the board.

A regular surfer's body

Surfing is an excellent total body workout.

It combines cardiovascular fitness, core strength, stability, balance, upper and lower body strength and power as well as mobility and flexibility.

Surfing on a regular basis builds up cardiovascular endurance and creates a lean muscle definition.

Surfers are likely to have low body fat and be more agile.

FLICKR CC AFUMALAYSIA

▶ Hold on for fitness.

Testimonial

DIET DIARIES

ALANA BLANCHARD
SURFER

Her workouts: I do Pilates and yoga every day and I love biking, hiking and anything that has to do with the water.

Her beauty rituals: I'm a very healthy person. I eat a lot of fruits and vegetables, and I try not to eat anything processed. I always use sunscreen during the day and try to go surfing before the UV rays are at their strongest.

Her guilty pleasures: I love frozen yogurt. We don't have it on Kauai (Hawaii) yet so when I go to places that have it I get so excited.

Does she think people can have it all physically: It all depends on your body and how it builds muscle and what you eat has a lot to do with it. It can either be hard or easy, you just need to figure out your own body needs.

3 life

Cellphone app

If there's one thing the typical Canadian teen wouldn't be caught without, it's a cellphone. So doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set. Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur, along with other pertinent health information related to depression and bipolar disorder. The hospital is looking for 36 adolescents aged 14 to 20 — with and without mood disorders — to keep a digital daily record for nine months so researchers can assess whether the mobile app could used in regular clinical practice.

THE CANADIAN PRESS

Stents may double risk of stroke or dying in older patients compared to surgery

sexcetera

A SPECIAL METRO REPORT PRESENTED BY FIRST RESPONSE

Exploring sex and everything that goes along with it.

Landin Hollis (ndeliciousbass), Flickr

There's a name for that

Sorting through today's relationship labels

There seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are one-night stands and friends with benefits (or "frenefits"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-night stand can be satisfying, but mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sexual partners." Still sound romantic?

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides—without the drama. And don't forget to always play safe!

Know your barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92–99.7% in preventing pregnancy, the same as the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to find which one suits you and your partner best, make sure to talk to your doctor.

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disable sperm (71–82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68–91%). But as your best line of defense against both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85–98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys (and some girls) who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Whatever contraceptive method you use, it's important to get the facts as to how to use it properly.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regular-sized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to learn how to put on a male or female condom, how to use a dental dam and you can also find tips like checking the expiry dates on your contraceptive products. And there are many more safe-sex methods available—check out the site for more details and efficacy rates. But remember, contraception is a responsibility that is shared by both parties, so make sure it's a decision you both agree with. And nobody ever said that you can't use more than one method!

Chepe Nicoli (ChepeNicoli), Flickr

Sex by the numbers

Here's a snapshot of some sex habits of Canadians – young and old:

⇛ Average age of first sexual intercourse; 16-18 years

⇛ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)

⇛ Number of times per month women aged 26-35 years have sex: 8 - 12

⇛ Number of same sex couples in Canada: 45,300

⇛ Rate of teen pregnancies: 38.2 per 1,000

⇛ Number who have had 20 or more sex partners: 12 (33% had 2-5)

⇛ Number who would rather give up sex than the Internet: One-third

SOURCES: Statistics Canada; It's Canadian Youth Sexual Health and HIV/AIDS Study (2003); sexuality.about.com by Cory Silverberg; 2006 Canadian Census, sexualityandu.ca; Yahoo 15 Year Anniversary Survey (Ipsos)

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State of the nation

Shawn Latta (peachy92), Flickr

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual intercourse –16-18 years – has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens – and their parents, too – may also be turning more to sex toys. One US survey showed that half the people surveyed used a virbrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that the combination of our slightly less neurotic attitude to sexuality, along with our long cold winters, could translate into higher sex toy use."

The idea that kids today are hopping into bed at every turn is an exaggeration

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our great-great grandparents were as kinky as we are," says Silverberg.

What has changed is our comfort level with our sexuality – and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment safer for students to "come out" as gay, lesbian or transgendered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden taboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he says.

Where we find our mate probably represents the biggest change in Canadian coupling habits. Online, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

The pyjama game

Everybody knows that you don negligees and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.

Robert McDonald (38259388@N00), Flickr

Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

STIs: The stats and the facts

You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.

Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true picture. For one thing, more people are coming forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "People focus on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."

What is truly alarming is our "abysmal" knowledge about STIs, says McKay.

STIs are spread through vaginal, oral or anal sex as well as through sharing sex toys or needles. Symptoms can include unusual discharge, burning sensation when urinating, pain or sores in the genital area, itching, unusual bleeding, and a strong odor.

But some people who have an STI have no symptoms. The only way to know if you're infection-free is to get tested. But note that basic testing doesn't include the two most common STIs: Herpes simplex virus (HSV) and HPV.

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▶ Men with full breasts like these can have them surgically removed with a simple procedure.

How to get rid of man boobs

HEIDI PATALANO
wellness@metronews.ca

While breast-enhancing surgery has become almost a norm for women, men are also heading to the plastic surgeon's office more often — to have their man-boobs (moobs) removed in a procedure referred to as gynecomastia.

That fact shouldn't be too surprising, considering that each year the obesity epidemic continues to grow.

The U,S, Center for Disease Control and Prevention recently released a study that showed nine states increasing their obesity rates by 30 per cent, which is triple the number of states that reported such a high percentage in 2007.

However, hormonal issues can also cause the growth of moobs. A test is required if a hormonal imbalance is a possible cause. Dr. Bill Johnson, plastic surgeon at Innovations Medical in Dallas, Texas, explains.

"Any man that's having a discharge from his nipples, that's definitely a sign that you need to have an evaluation," he says.

"Also, folks that have very large breasts that aren't particularly overweight or particularly heavy anywhere else."

Putting patients to sleep from abroad

◐ McGill team helps pioneer remote anesthesia ◐ Hints at applications

Forget about falling asleep at the drop of a hat — how about at a click of a button?

In what's being billed as a world first, McGill University researchers partnered with a team from Pisa University in Italy in pioneering a way to administer anesthesia without being in the same room — or even on the same continent — as their patients.

During a two-week period, Dr. Thomas Hemmerling and his team from McGill's department of anesthesia treated 20 patients undergoing thyroid gland surgery in Italy, remotely from Montreal. The duration of the surgeries in the pilot project varied from between about 45 minutes and three hours.

The approach is part of a new technological advancement known as teleanesthesia. It involves engineers, researchers and anesthesiologists administering drugs intravenously, which are then controlled remotely through an automated system.

There were two automated systems in place in both Montreal and Pisa, so if a video or Internet link was interrupted, the local automated system could still be taking care of anesthesia, Hemmerling said. The local team could override the administration of anesthesia at any time.

THE HANDOUT/THE CANADIAN PRESS

▶ Anesthesia cockpit in Montreal controlling anesthesia in Pisa.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup"
DR. THOMAS HEMMERLING,
SPEAKING ABOUT THE POSSIBILITIES OF REMOTE ANESTHESIA

Hemmerling noted that in some African nations, there are fewer than 10 anesthesiologists in each country, and anesthesia care is often provided by nurses.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup," he said.

"I'm sure you could increase quality or safety of the patient care."

THE CANADIAN PRESS

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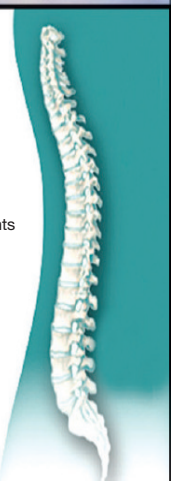

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ISTOCK

▶ Up to 95 per cent of diets don't work says a study.

Why diets fail

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO TORONTO

If you've tried — and failed — to lose weight, you're certainly not alone. Up to 95 per cent of diets don't work, according to Reader's Digest.

Here are four reasons why your diet fails:

1 It's too strict. You end up bingeing on foods that "aren't allowed."
2 It's short-sighted. Go for long-term lifestyle change, not short-term satisfaction.
3 It's too demanding. Go for gradual change and indulge a little.
4 You don't exercise enough. Add a mix of different physical activities you enjoy.

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MAINTAIN YOUR ORAL HEALTH THE OLD FASHIONED WAY – EARN IT!

Like it says in the song…**everything old is new again!** How often have we learned that the "new and improved" method of doing things is really no better than the tried and true tactics of old?

Now to be fair, **technology has truly improved the standard and quality of dental care** you can receive in so many ways! **E4D and CEREC machines** allow you to receive crowns in just one visit to the dentist as opposed to two or more trips in the past! **Newer materials used in crowns, veneers and fillings** make any of these treatments almost impossible to distinguish from your natural teeth.

Oral cameras enable you to see into your mouth like never before. They really allow you to appreciate what your dentist sees! And as you continue to visit your dentist regularly, you will continue to see the evolution of exciting new technologies into your dental care. It really is thrilling to watch!

However, no matter how much technology can improve your dental care at the dentist, **most of your dental health is determined by how well you look after your teeth and gums at home!** And when it comes to that, technology has not helped a great deal!

Of course, commercials will tell us that reshaped handles and bristles on toothbrushes will help remove plaque and tartar before it builds up! And toothpastes can be designed to improve tartar control

Dr. Bao Nguyen
Dental Surgeon

or make our teeth whiter. All of these innovations are supposed to dramatically improve our oral health!

The truth is, innovations with the tools you need for taking care of your teeth at home have really not been that significant in years! In fact, the major ones that we have seen have been **fluoride** in toothpaste (and drinking water) and **electric toothbrushes**…and each of these have been around for while!

Fluoride is essential! It helps **remineralize the enamel** on your teeth to keep them strong and cavity free. Without fluoride, we would see significantly higher levels of tooth decay amongst all age groups!

Electric toothbrushes simply allow people to brush more thoroughly in less time. In truth, you could probably keep your teeth just as clean with a regular toothbrush. But so many people fail to spend enough time brushing that we believe **an electric toothbrush is a great investment!**

Of course, there are other devices that are a bit newer and tremendously helpful when it comes to oral health care. They include:

- brushes specifically designed for the tongue;
- smaller devices designed to clean around and massage the gums;
- handles for toothbrushes and dental floss that make it easier for children or people with arthritis to hold.

These are all great innovations. But they do not change that one important aspect. **If you want great oral health, you have to earn it!** Innovation at the dental office may improve your oral health **and** save time. **But you have to commit to visit your dentist at least twice per year and then put in the time to brush and floss regularly at home if you want to have a healthy mouth!** No "new and improved" product has changed that!

So make the commitment to "earn" your oral health! Because taking that time is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

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New Nordic is a Scandinavian manufacturer of natural products, and Apple Cider 600 is one of our best sellers for slimming. It is based on a strong apple cider vinegar extract, with the addition of high concentrations of dandelion and artichoke. Together, these ingredients work to break down fat, suppress appetite and stimulate the metabolism, all needed for optimal fat loss.

I lost 16 pounds in 6 weeks!

"Apple Cider 600 works great. In 6 weeks my weight went from 153 lbs to 137 lbs. The best part is that I finally lost weight from my legs – lots of weight! I didn't exercise while taking Apple Cider 600, but I was careful not to eat unhealthy snacks and I drank a lot of water.

I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled about my new body!" - **Monique, QC**

Water retention makes you bloat!

Weight gain is a combination of fat and water retention, but most people focus only on the fat. However, it's possible to retain and carry five to ten pounds of extra fluid - weight that can be eliminated with diuretics, such as dandelion.

Apple Cider 600 is available at most pharmacies, superstores and health food stores. For more information or to purchase online, please visit **www.newnordic.ca** or call 1- 877-My-Nordic.

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Tasty, not cheesy

There's more than one way to serve up broccoli And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury, salty sauce made from olives, capers and lemon juice.

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets. Avoid broccoli that is limp, yellowing or has a strong odour, THE ASSOCIATED PRESS

▶ Broccoli can be steamed, roasted or cooked in a microwave.

Broccoli With Lemon, Olive and Caper Sauce
Preparation:

1. In a medium saucepan fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a bowl. Steam broccoli until tender-crisp, 4 to 5 minutes.
2. Transfer broccoli to a serving bowl, cover and set aside.
3. Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon juice and capers and cook until heated through, 1 to 2 minutes.
4. Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings.

Ingredients:

Broccoli With Lemon, Olive and Caper Sauce
- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kalamata olives
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

Liquid Assets

Cider: Gotta love it

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

What makes its lack of popularity here even stranger is that we're talking fermented apple juice here folks: You couldn't find a more familiar flavour or one that is so food-friendly.

England's Strongbow (500 ml, $2.95 - $3.31) with its light, dry personality and refreshing finish is arguable the most famous cider in the world. That said, Gaymers Original (500 ml, $2.95 - $3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple character that lingers on the palate.

While these two are huge international brands; regional cider production across Canada is at an all time high. Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

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Finding friendship in strange places

A program at Indiana University allows medical students to meet the family of the donor they will be working on

THE ASSOCIATED PRESS

▶ Lucas Buchler, left, was among the medical students who ended up forming a friendship with the family of one of the donors he worked on.

Dot Purcell always knew she would donate her body to science. Even when young, the mother of 11, a doctor's daughter, would say, "there's something good in here" that might help others.

Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

"They have been very thorough in telling me what happened and why, which was very comforting to me."
JIM PURCELL

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate, and he grilled the students.

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest," Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Purcells, gaining an understanding of the family's deep grief while getting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom," Mike Purcell, Dot's youngest son, said.

Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

Buchler says learning about Dot the person has helped what he's learned in the lab make more sense. THE ASSOCIATED PRESS

Body of knowledge

- The students discovered Dot had a bone abnormality called Charcot foot, which explains why her feet were always so painful and swollen.
- The foot condition is common in diabetes, and Buchler says the knowledge he's gained from Dot will help him treat future patients with the disease.

THE LAWN OF LOVE

How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

Their story:

▶ Jade and Liam met while cutting grass – and the rest is history.

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a resumé, looking for summer work...

It was my second year at the resort, and I knew the work was rough. Along comes Jade, this petite girl with a resumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month–she made it the entire season! Our days sweating under the hot sun turned into the beginning of a wonderful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting grass."

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BABY TALK

Your family is your most precious asset and you "invest" in the lives of your children by providing love, support, food, clothing, shelter, safety, and education. But, from a financial perspective, children are considered a cost. North American families spend approximately $150,000 to $250,000 to raise one child. This doesn't include post-secondary education, just the costs associated with providing for a child's basic needs until he or she turns eighteen.

But, don't avoid having, adopting, or raising children because of the cost. Just be aware that children require a significant investment of your time, your love, and your dollars. It's easier to provide these things when you're in good financial shape and can afford the time and energy.

Before you get pregnant or sign the adoption papers, prepare yourself for the adjustment. Households that have children spend approximately 20 per cent more than households that don't.

So, if you haven't created a budget, do it! It's important to factor in the increased costs of food, clothing, daycare, RESP contributions, and insurance. And, if you buy a bigger house or car, your payments might be higher. Also investigate what medical expenses you might incur throughout your pregnancy, birth and postpartum, and any related to adoption.

Next, ensure you have a living and working situation that will allow you to make time for your kids. If you're working eighty hours a week, it's going to be hard to make time for your kids. On the other had, can you afford to cut back on hours? Check to see what type of maternity and paternity benefits you're entitled to receive. The government will compensate you somewhat for lost income (servicecanada.gc.ca — select resources for families and children), and sometimes your employer will help as well. But, more often than not, you'll bring home less money than if you worked full time. How will you make up the difference?

Update your will and insurance coverage.

A will is your chance to state what you want to have happen if you or your partner pass away. Insurance coverage helps you to protect your assets in the event that something bad happens.

If you decide to become a parent, have a clear understanding of the financial, physical, and emotional investment you'll make to raise a child.

RESPs equal free money – don't wait

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Any moment now tuition bills are going to hit with a mighty thump. And lots of parents will be wishing they'd contributed more to their kids' RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle.

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to $2,500 per child annually. You can't beat that return these days.

High income earners will receive a bit less on the first $500 contributed and those with low incomes more. After that the CESG is the same for everyone.

Over the life of the plan, you're allowed to contribute up to $50,000 per child and the Canada Education Savings Grant maxes out at $7,200.

One caution. RESPs are not all the same.

Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and low returns.

Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or withdraw contributions though, depending on your income, you may pay tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant.

I'm a big fan of plain vanilla RESPs, the kind you open at most major financial institutions. Fees are low and your investment options are wide.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

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BUSINESS September 16
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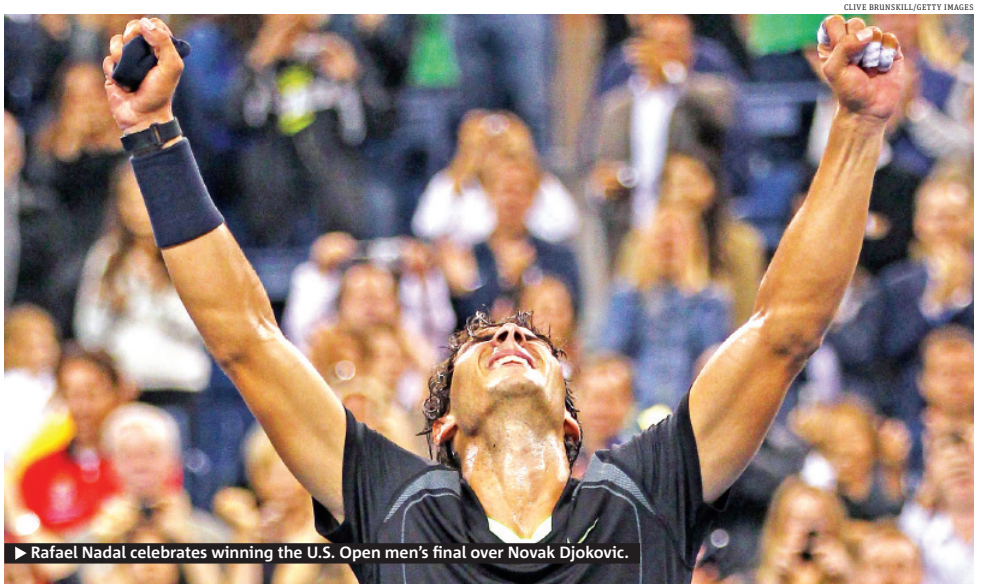
Nadal finally conquers U.S.

Spaniard wins his first U.S. Open and completes career Grand Slam

CLIVE BRUNSKILL/GETTY IMAGES



▶ Rafael Nadal celebrates winning the U.S. Open men's final over Novak Djokovic.

The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly.

7

Nadal is the seventh man in tennis history with at least one title from each Grand Slam tournament.

Nadal won his first U.S. Open title last night to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

Rain pushed the men's final from Sunday to Monday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July.

No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969. Now Nadal heads to the Australian Open in January with a chance to claim a Rafa Slam of four consecutive major championships — something that also hasn't been done since Laver.

THE ASSOCIATED PRESS

Ravens upstage Jets in thier new home

10	9
RAVENS	JETS

The Baltimore Ravens gave the New York Jets some hard knocks — real ones.

The Jets intrigued audiences in the pre-season with their no-holds-barred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night with a 10-9 win.

They held New York to 176 yards, six first downs, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone.

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new home.

The $1.6 billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127 — if not the talkative coach and his players.

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points.

THE ASSOCIATED PRESS

4 sports

Sports in brief

The NHL all-star game is coming to Ottawa.

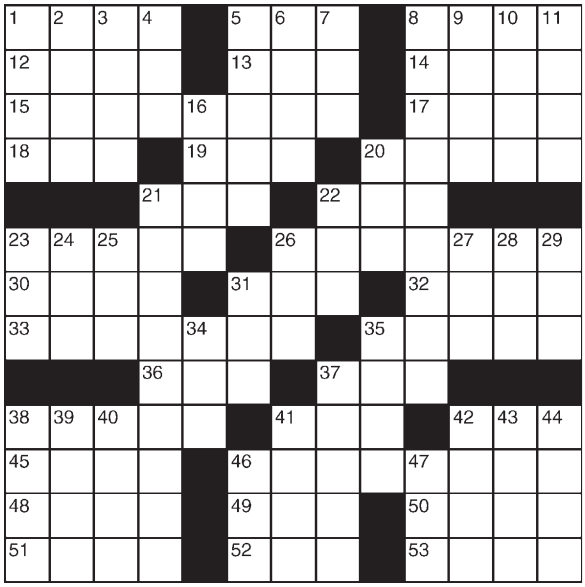
The Senators will host the event in 2012, a source told The Canadian Press yesterday.

The team has scheduled a news conference tomorrow to make a "major announcement."

It will be the first time Ottawa has hosted the annual showcase.

THE CANADIAN PRESS

Crossword



Across

1 50 per cent
5 Old airline letters
8 Church section
12 Needle case
13 Charged particle
14 Manhandle
15 Thyme partner
17 Tarzan's clique
18 Make a choice
19 Branch
20 Fad
21 Secretive org.
22 21-Across employee
23 Piece of information
26 Big fans
30 Responsibility
31 Whammy
32 Actress Turner
33 A power of two
35 Swell
36 Rowing prop
37 "Mayday!"
38 "Danaë" painter Gustav
41 Urban transport
42 Tackle the slopes
45 Houston acronym
46 Its motto is "Manly deeds, womanly words"
48 Eastern potentate
49 Work unit
50 Actor Jannings
51 Simple
52 Tiny
53 Apportion (out)

Down

1 Medal earner
2 On
3 A deadly sin
4 "Curse you!"
5 Pageant winner's crown
6 Apple dweller?
7 Whatever number
8 Autumn bloom
9 One of the Three Bears
10 Mideast canal
11 Otherwise
16 Cripple
20 Bookkeeper (Abbr.)
21 Typical
22 Gender
23 — and don'ts
24 Blackbird
25 "Monkey suit"
26 Buddhist sect
27 Lummox
28 Stick with a kick
29 Put into words
31 That woman
34 Dine
35 Inquisitive
37 Power glitch
38 Elbow counterpart
39 Dalai —
40 Wife of Osiris
41 Undraped
42 Unaltered
43 Wield needles
44 Between jobs
46 Kitten's call
47 Moon vehicle

▶ Yesterday's answer

W	A	S			E	L	F		B	A	B	A
A	C	T	S		A	I	R		I	C	O	N
T	H	O	U		T	E	A		R	E	A	D
T	E	P	I	D		U	N	I	T			
			T	U	B		C	O	H	E	R	E
P	R	A	Y	E	R	S		U	D	D	E	R
L	O	B	O		A	I	M		A	G	A	R
U	S	E	U	P		P	L	A	Y	E	R	S
S	A	T	R	A	P		B	U	S			
			S	T	U	N		K	U	D	O	S
A	L	O	E		L	O	G		I	O	T	A
S	O	U	L		S	E	E		T	U	T	U
S	U	R	F		E	L	M			P	O	L

Sudoku

	5		1					
		4		6				5
		1		7	8	2	9	
		8						1
	3	7		8		9	2	
2						4		
	8	6	3	4		1		
5				9		6		
					2		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you.
CURTIS

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day.
LOVE ALWAYS, EVAN XX.

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours?
YOUR WS, XOXO

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love forever,
GORGEOUS

Today
16°/7°
Variable
Wednesday
14°/6°
Partly cloudy
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge.

♉ Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

♊ Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

♋ Cancer June 22-July 22 If you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better.

♌ Leo July 23-Aug.23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again.

♍ Virgo Aug. 24- Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

♎ Libra Sept. 23-Oct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

♏ Scorpio Oct. 24-Nov. 22 What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

♐ Sagittarius Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

♑ Capricorn Dec. 22-Jan. 20 Listening is twice as important as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know.

♒ Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

♓ Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually quite limited.

SALLY BROMPTON

Caption contest

CHARLES KRUPAR/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATT DUNHAM/THE ASSOCIATED PRESS

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TICO

AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Jan. 8, 15 & 22 • 1 wk.
$889
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal spa premium rm.
Dec. 19 • 1 wk.
PRIVILEGES
$1629
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

TURKS & CAICOS

Ocean Club West Resort • 4★
Studio suite
Dec. 20 • 1 wk.
$1659
+Taxes & other fees (including service charges): $249

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1079
+Taxes & other fees (including service charges): $305

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.
$1359
+Taxes & other fees (including service charges): $305

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 25 • 1 wk.
PRIVILEGES
$1769
+Taxes & other fees (including service charges): $276

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Jan. 1 • 1 wk.
$1099
+Taxes & other fees (including service charges): $285

Gran Bahia Principe Tulum • 5★
All-Inclusive • Junior suite
Jan. 1 • 1 wk.
$1169
+Taxes & other fees (including service charges): $285

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Dec. 25 • 1 wk.
PRIVILEGES
$1979
+Taxes & other fees (including service charges): $276

FLIGHTS VIA TORONTO

BAHAMAS

Great Exuma

Grande Isle Resort & Spa • 4★
Continental breakfast
One-Bedroom Villa garden view
Oct. 3 – 24 • 1 wk.
$1199
+Taxes & other fees (including service charges): $214

MEXICO

Puerto Vallarta

Barceló Puerto Vallarta • 4★
All-Inclusive
Junior suite deluxe rm.
Nov. 13 & 20 • 1 wk.
$1199
+Taxes & other fees (including service charges): $295

SAINT LUCIA

The Village Inn & Spa • 3★
All-Inclusive • Standard rm.
Oct. 2 – 30 • 1 wk.
$1239
+Taxes & other fees (including service charges): $232

USA

LAS VEGAS via Toronto

Flamingo Las Vegas • 3 1/2★
Deluxe rm. - promo savings
Nov. 9 & 16 • 3 nts.
$619
+Taxes & other fees (including service charges): $174

CRUISE

Princess Cruise Line[1]

Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Nov. 7 & 14 • 1 wk.
$989
+Taxes & other fees (including service charges): $284

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